BAR HILL NEWS

March 2018; Issue 590

IMPORTANT INFORMATION re A14 WORKS

Highways England are proposing to complete works for the A14 Cambridge to Huntingdon Improvement Scheme. They are building a temporary junction at Bar Hill which will then enable them to build the permanent junction (roundabout and bridge).

The first stage of the works is to start works on the tie ins on Hattons Road, Longstanton. These works will need to be completed with a weekend closure of Hattons Road.

Highways England have planned for these works to be completed on **3rd-4th March** 2018 with a contingency date of **10th-11th March** 2018.

The second stage of the works will involve a 7 day closure Monday to Sunday of the Bridge from the Crafts Way/Saxon Way roundabout and over the A14 (roundabout will be fully operational). The closure is required as they need to complete a full formation dig No vehicles including emergency vehicles will be able to go through the closure.

Works are expected to start **2nd April** 2018 for **7 days.**

The third stage of the works is to complete the tie ins on Hattons Road, Longstanton which can be completed using 2 way temporary traffic signals dates to be confirmed.

Highways England will be completing communications prior to the works.

For further information, contact Kelly Estañol – street.works@cambridgeshire.gov.uk

PARISH COUNCIL WEBSITE

This is now available on www.barhillpc.org.uk

Lots of information and minutes of the meetings held.

Please contact the Clerk with any questions or suggestions.

BROOKDALE CULVERT 2 – REPAIRS

I am writing to inform you of our upcoming headwall repairs to Brookdale Culvert 2, Bar Hill. We are proposing to anchor the headwalls in place which will prevent further slippage and cracking, as well as securing its long term future.

Because of the works it will be necessary to close the footpath for 2 weeks beginning 5th March 2018.

A copy of the diversion will be displayed in the window of the Parish Council offices.

Please do not hesitate to contact me.

Kind regards

Stephen McGee, Bridge Engineer (Huntingdonshire, Fenland & South) – Highway Projects

Cambridgeshire County Council, Vantage House, Washingley Road, Huntingdon PE29 6SR

Tel: **0345 045 5212**

FUN FACT?

Each square inch of your skin contains around 20 hairs, 30 sebaceous glands, 200 sweat glands and five feet of capillaries (tiny blood vessels).

– NO FETE IN 2018 –

Unfortunately, there will be no Village Fête in 2018. Despite pleas for residents to come forward to take over from members of the Fête Committee wishing to stand down, only one has come forward to share tasks which should have been done already, as well as in the next few months and on the day.

When even the smallest villages hold their summer Fêtes, it is a poor reflection on Bar Hill that, with an adult population of about 2,000, so few residents are willing to help organising it. Why? indifference, inertia, self-centredness...?

The only times the Bar Hill Fête has been cancelled before is in 1971 and (weather-related) in 2012.

The Residents' Association plan to revive it in 2019, but this may depend on village organisations nominating representatives on to the Fête Committee. It is a choice the entire village has to make.

Roger Hall, Chair, Residents' Association Committee

BAR HILL RESIDENTS' ASSOCIATION – AGM –

This will be held at **7.30pm** on **Tuesday 15th May** in the **Parish Council office.**

Please consider joining the Committee to help make decisions that concern the village.

We meet only once a month on the first Tuesday of the month, at 8pm for an hour or so.

THE RESIDENTS' ASSOCIATION NEEDS A TREASURER

Martin Avery, who has served as the Association's Treasurer for many years, has announced that he will retire from this honorary post at May's Annual General Meeting. The post requires only an hour or two's work and attending the monthly committee meeting each month.

For more information, contact Roger Hall, Chairman, on **01954 780304** or email roger.hall90@ntlworld.com.

INDOOR CARPET BOWLS

We are a mixed group who meet in the school on Friday evenings during term time from 7.30–10.00pm with a ½-hour break for refreshment – all for £1.50 each evening you play.

We do not play in any leagues so even if you have never played before do not be put off. Why not come along and join us on any Friday evening with your 1st session being free?

We look forward to welcoming you.

If you require any further details please contact Barbara on **01954 204171.**

YOU COULDN'T MAKE IT UP...

The founder of match.com lost his girlfriend to a man she met on match.com.

Deadline for April's edition: 15th March to bhneditor@yahoo.com *or see page 2 for other contacts.*

— BAR HILL RESIDENTS' ASSOCIATION —

2017–18 COMMITTEE:

Chair:	Roger Hall	01954 780304	11 Almond Grove
Vice-Chair:	Paul Goodfield	01954 200228	15 Little Meadow
Secretary:	Anil Pallan	01954 782736	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
Website:	Mike Nelson	01954 780772	6 Field View
Committee Members:	Jo Hall	01954 780304	11 Almond Grove
	Hilary Whipp		hilary.whipp1@gmail.com

BAR HILL NEWS:

Editor:	Jan Cundy		jan_cundy@yahoo.com
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The objectives of the association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance and recreation in and around the village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list.

To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm – 9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm – 6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell after the first time.] All items can be submitted electronically on disk or to bhneditor@yahoo.com *[a Word file is best, please]* or hard copy via Parish Council Office.

— THE MAPLE SURGERY —

Tel: 01954 780442

www.mhmaple.co.uk

Out of Hours Emergencies — call 111

(Cambridgeshire and Peterborough 111 Service)

Surgery Opening times:

Monday to Friday — 8am – 6.30pm

On the day appointments: bookable by phone at 8.30am.

Midwife	Thursday	9.30am–12.30pm
Podiatrist	Wed. & Friday	8.45am–12 noon
		and 1.00–4.00pm
Orthoptist	2nd Tues/month	9.00am–12.30pm
Cambs Hearing Help	4th Tues/month	9.30–11.30am
Health Visitors *(based at Longstanton)*:		01954 207612
Well Child Clinics:	3rd Tues/month	1.00–2.30pm

at the Children's Centre, Bar Hill *(next to Primary School)*.

HAIR 2U

Professional Mobile Hairdressing covering Bar Hill.
Call Caroline: 07843 238718.

— WANTED —

Bar Hill School would like 'Sylvanian Animals' as well as toy tractors, train sets, picture books, tissue paper and stencils. If anybody has any of these they wish to donate, please get in touch with Jo Hall, 11 Almond Grove, tel. 01954 780304 or e-mail roger.hall@ntlworld.com.

— BAR HILL HEALTH WALKS —

Free every Wednesday morning

Meet at Maple Surgery at 10.30am

Our walks are all weather *(in case of rain you will find us under the Church porch)*, free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108; E: jopowell45@hotmail.com or Patricia Daniels T: 07917 874402; E: danielsoohn@btinternet.com.

HAVING PROBLEMS WITH COMPUTERS OR NEW TECHNOLOGY?

The solution is to *Learn IT* with *Laura*. Professional and personal support and training in your home.

T: 07889 261282; E: info@learnitwithlaura.co.uk

W: www.learnitwithlaura.co.uk

— NWR —
CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

1st March	Deserts of the World – research the flora and fauna of the desert, indigenous people etc.
15th March	Childbirth and Midwives through the Agas – how have things changed over the years, improvements in special care etc. How has the role of the midwife changed?
29th March	Photography and Cameras – share a photo you have taken with the group.

The Bar Hill NWR group meets informally in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £23 and just £1 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Marie-Thérèse Last on 01954 780329 or Bobby Colver on 01954 781662.
NWR can also be found on www.nwr.org.uk.
Why not have a look!

BAR HILL COMMUNITY MARKET

Saturday 3rd March
Saturday 7th April
10.30am–2pm
In the **Octagon**
CB23 8EH

— Entry is Free —

All profits go to community/charity projects.
Refreshments: Soup & bread at lunchtime.
BBQ weather permitting.

If you wish to be part of the market please contact Karen Austen 01954 781085.
e-mail: bar.hill.community.market@gmail.com
Facebook: Bar Hill Community Market

— HEALTH AND WELLBEING CLUB —

Held on the second Tuesday of the month between 2–4pm in Tesco Community Room, the group focuses on aspects of promoting and maintaining good health in every area.
We start with a chair based exercise activity followed by advice from Tesco's departments.
This is a unique and friendly group and is an ideal place to meet new people.
Next meetings: **13th March.**
For further information, contact Wendy Arrowsmith on 01954 781381.

— HAPPY HOURS —

Our Club meets most Mondays in the Octagon building of Bar Hill Church from 11am–3pm, with coffee, tea and light lunches. Our Winter menu consists of soup and a roll, baked potato with butter (£1.50 each) or filled baked potatoes *(cheese, tuna mayo or baked beans)* or a ploughman's lunch (£2.30 each).

Our aim is to provide friendship and companionship, so why not come along and give us a try? You can have a good old natter, a game or two, or enjoy other various activities. We would welcome new members.
In February we celebrated Valentine's Day and Pancake Day. The pancakes and fillings were yummy and a real treat. A big thank you to Tesco for the pancakes.

Coming up...
5th March: Lyrics to your Life
12th March: Famous Mothers/Daughters/Sons
19th March: All Things Irish
26th March: Easter Parade
2nd April: NO Happy Hours
Anne Plumb, 01954 780364

THE ROYAL BRITISH LEGION, — BAR HILL BRANCH —

The Royal British Legion Bar Hill Branch meets on the 4th Thursday of each month (next meeting: February) in The Community Room at Tesco at 7.30pm.
We are a small friendly group of like-minded people.
To join you don't have to have an Armed Forces background, just share a common cause of supporting our Service community, now and for the rest of their lives.
If you are interested in coming along, please contact Wendy Arrowsmith, Branch Secretary, on 01954 781381 or Malcolm Cox, Chairman, on 01954 488657.
** PLEASE NOTE NEW MEETING VENUE **

BAR HILL BOOK CLUB

Tuesday 27th March at 7.30pm in the Bar Hill Sports and Social Club, The Spinney, Bar Hill.
Please join our friendly group, we offer a lovely welcome, good company and great book choices.
Let me know if you would like to join us and I will arrange a warm welcome.
sheilafarrar@hotmail.co.uk; Tel/Text: 07920 558319

HONEYBEES FENCING COMPANY

7-day call out for wind damage.
Please contact Lee on 07704 474222;
or: leehoneybourne406@btinternet.com

PLAYPALS BABY AND TODDLER GROUP

Meet Wednesdays and Fridays*
At Bar Hill Church Octagon
9:45–11.15 am
*Term-time

Under 1s £1.50; Over 1s £2.50; Family £3.50.
Your first session free!
Can you help? We are looking for kitchen volunteers to give an hour of time during our sessions to help prepare snacks and drinks. If you are interested please contact: helen.j.bishop@gmail.com

— LETTERS/INFORMATION —

Dear Parish Council

South Cambs District Council continues to recognise the health and social benefits of enabling our residents to live in a home that meets their needs, especially as those needs change, so we'd like to take the opportunity to remind residents that we have funding available for adaptations and essential repairs. For adaptations, residents should initially contact Cambridgeshire Direct on 0345 0455202 who will, if needed, arrange an Occupational Therapy Assessment.

Cambs Home Improvement Agency formed in 2012 as a partnership between 3 local district councils – customers requiring help with work such as roofing repairs, damp work, replacement windows and doors or new boilers are encouraged to contact the agency for information about what is available.

If you would be kind enough to ensure that disabled people are aware of who to contact, we would be grateful.

Thank you

Frances Swann, Manager, Cambs HIA

01954 71330/713347

RISK OF WATER RESTRICTIONS REMAIN IN AFFINITY WATER'S SUPPLY AREA

We have had exceptionally low effective rainfall over the past two winters. January may have felt very wet but rainfall was below average for this time of year.

This means we are actively planning for usage restrictions this spring and summer if conditions fail to recover sufficiently.

If we get above long-term average rainfall in the next three months we hope that we will not need to introduce them this summer. However, that does not remove the possibility that usage restrictions will have to be introduced in 2019. This will be dependent on rainfall next winter being sufficient to refill groundwater stores.

While we continue to undertake significant investment in infrastructure and drive down leakage in our network, we also need our customers to change how they use water to help manage the situation. Demand in our supply area is above the national average and way above the average in other countries like Germany and the Netherlands.

We need a public debate about how we all use water. Please contact jake.rigg@affinitywater.co.uk for more information or to arrange a meeting to discuss how we can plan for the future, to take the next step on this journey together. We need your support to help make the longer term changes that will have a big impact for the future of water supplies.

There are simple steps that every one of us can take – whether a householder, business, community or a council.

We need everyone in your community to know what they need to do so we can reduce the likelihood of water restrictions this year. Every little step we can all make will collectively have a big impact on water usage.

- Turning off the tap off while we brush our teeth can save 6,500 litres of water a year.
- Avoid baths – take a short shower instead to save on average around 50 litres each time.
- For more tips and to order free water saving devices, visit: www.affinitywater.co.uk/savewater

To keep up to date with our latest water resource position, please visit www.affinitywater.co.uk/resources

Yours faithfully

Mike Pocock, Director of Asset Strategy, Affinity Water

Dear Editor

As a former dog owner it pains me to write this letter to the BHN.

Two weeks ago, at the other side of our fence, lie a pile of dog excreta. This was from a small dog. A day or two later walking on a footpath down the village I noticed two piles of dog excreta. Both these from very large dogs. My considerate dog owner friend, who exercises her dog on the village green, picked up FIVE PILES!

After coffee with two friends yesterday they complained each to having to clear it off of their front lawns. Lo and behold I got home to yet another pile on the footpath at the back of our house. To top all this, today on social media, a mother reports her son coming home with it all over his school shoes!

If only one dog owner reads this I hope it's enough to remind them of how disgusting it is and why dog owners will be getting such a bad name!

Name and address withheld

Dear Readers

Cambridge Pinks – Breast Cancer Now Regional Group

Would you like a stall at my indoor summer fete? Adults £10 a table, children £6 a table and charities £8 a table.

Set up time is 10.15am for an **11am** start; finishes at **3pm** on **9th June 2018**, at Orwell Village Hall.

There will be a raffle so please could I ask for a raffle prize from each stall to help Breast Cancer Now?

Regards

Kirsten Bailey, popcornandmo@hotmail.com

JH FITNESS ACADEMY
— BOXES 2 BEAT CANCER —
Saturday 24th March 2018 – 1230–1530

Contact Junior Herbert: T: 07900 553963;
E: junior@jhfitnessacademy.co.uk

Members of JH Fitness Academy will be boxing to beat cancer in a **THREE HOUR BOXERCISE CLASS** for Ovarian Cancer Action.

The venue is **JH Fitness Academy, 46 Viking Way, Bar Hill**

This will be the third year in succession that the gym has been involved with this Boxercise event. It is always a fun three hour workout with everyone putting in a lot of effort to help out.

A woman dies every two hours from ovarian cancer in the UK, and sadly many of these deaths could be prevented if the condition were identified earlier. Over a third of women are diagnosed in A&E – when the condition is already in an advanced stage.

By knowing the symptoms, you could save a woman's life.

The symptoms are:

- Persistent bloating (not bloating that comes and goes with every meal).
- Persistent stomach pain.
- Difficulty eating and feeling full quickly.
- Needing to wee more frequently.

If you'd like to make a donation to our fundraising page, you can do so here: https://www.justgiving.com/fundraising/jh-fitness-academy

— BAR HILL PARISH COUNCIL —

Sue Bell, Parish Clerk: 01954 780456
e-mail: clerk@barhillpc.org.uk .
Please note that the office is normally open to residents between 10am and 12noon, Monday to Wednesday.

We are very pleased to announce that our new website is now open: www.barhillpc.org.uk.

Tree/hedge/shrub works February/March
Spinepath to Chestnut Rise, including areas near Appletrees/Brookdale, Hillcrest, and oak tree at rear of The Brambles w/c **26 February**; Appletrees near The Drift, **13–16 March**; Hollytrees/perimeter road – conifers **16 March**; CCC Culvert repairs Brookdale. **Diversion 5 March for 2wks.**
Access to these areas may have to be restricted or diversions in place dependent on contractor requirements. We thank you for your co-operation and patience whilst all the works are going on in Bar Hill, including footway and stream bridge repairs currently being undertaken by the County Council. Highways England road closures at various times for Hattons Road (Longstanton – Bar Hill) the bridge and main village roundabout.

Preparation and survey work is progressing for works on the **Hollytrees Stream/Dam Brook** and contractors are expected to arrive to start work later in the Spring. Details will be published on noticeboards. Again, due to heavy plant etc restrictions/closures will be necessary in some parts.

Dog Fouling: Once again the darker evenings and mornings over the past few months has resulted in an increase in people not clearing up after their pets. Please bag your pet's poo and deposit it in the dog bins we provide or take it home. It is unacceptable to leave it on paths, roads, verges, open spaces etc. People are urged to report offenders to https://www.scambs.gov.uk/form-type/report-it immediately. The District Council has the powers of enforcement on this issue and will be very pleased to receive details. Fines can be hefty! So dog owners – beware!

Damaged grass verges and nuisance parking have become prevalent. The barriers at Otter Close will soon be replaced and the verge made good with the help of SCDC following damage caused by the refuse lorries trying to get round to pick up your bins. Wherever you live, please take care where you park, particularly on bin collection days. Please leave plenty of space so that large vehicles have enough room to manoeuvre without mounting verges and kerbs. Wherever possible please avoid street parking and use your own drives and garages. We are also getting complaints about people parking partly on the footways. This is inconsiderate and often dangerous for pedestrians, especially those with pushchairs, young children and mobility scooters.

Handy telephone numbers/contact details – help with which Council to contact:

Cambs County Council: Births, deaths and marriages; buses; consumer protection; education; libraries; public health; recycling and waste; roads and highways; social care; street lighting; trading standards; transport and travel Tel 01223 717111

South Cambs District Council: Building control; business rates; car parks; council tax; elections and voter registrations; environmental health; housing and homelessness; leisure centres; licensing; pest control; planning; refuse/bin collection; street cleaning
Tel 03450 450500 https://www.cambridgeshire.gov.uk/council/contact-us/not-sure-which-council-to-contact/
To report issues on footpaths, public rights of way, and roads https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/roads-and-pathways/roadworks-and-faults
Tel 01223 717111
Streetlight maintenance http://www.lightingcambridgeshire.com/contact-us/report-fault.htm or enquiries@lightingcambridgeshire.com Tel 0800 7838 247. You will need to give the number on the lamp post
Cambridge Water Company (water supply)
http://www.cambridge-water.co.uk Tel 0800 316 7676
Anglian Water (waste water)
http://www.anglianwater.co.uk/ Tel 0800 145 145

ANNUAL PARISH MEETING

Thursday 26 April 2018
The Octagon, Bar Hill – 7.30pm
Come along to hear what has been happening in our community.
A representative from Highways England will give an up-date on the A14 Improvement Scheme.

LOCAL COUNCILS – POLLING DAY

Thursday 3 May 2018
Your Parish Councillors finish their term in May this year. Further details will be published on the noticeboard and at the Parish Council Office.

Are you registered to vote in forthcoming local elections?
You must be on the Register of Electors to vote:
www.scambs.gov.uk/content/electoral-registration-faqs.
elections@scambs.gov.uk.

THE FARMLAND MUSEUM

The Farmland Museum opens its doors to visitors for a few days during **February half-term**.

Tuesday evening 13th is **TWILIGHT** – between **4.30–7.30pm** visit the museum for free and learn about the fairy tales of the Fens. (Wrap up warm and bring a torch). This is an event being held throughout museums in Cambridge, funded by the University Cambridge Museums.

Wednesday 14th and Thursday 15th February – drop-in between **12noon–4pm** and take part in our Family Activity Afternoon. Fun crafts to do together. No need to book! Admission prices apply.

Friday 16th February – the museum is open for visitors to wander around between **11am–3pm**. Admission prices apply. Visit www.farmland museum.org.uk for more details.

— STORYTIME AT BAR HILL LIBRARY —

Stories and pictures, rhymes, songs and craft activities from **10.30am** on **10th** and **24th March**. Small children and their parents or carers are invited to join in Storytime at the Library.
It offers children of pre-school age and their older brothers and sisters book-based fun every month. This free event introduces young children (accompanied by an adult) to their local library and reveals to them all that is to be gained from learning to read.

— Bar Hill Church —

Services during March

Friday 2 March	7:30 pm	Women's World Day of Prayer
Sunday 4 March	10:00 am	Holy Communion (Methodist)
	6:00 pm	Informal Worship
Sunday 11 March	10:00 am	All-Together Worship
Wednesday 14 March	10:00 am	Midweek Holy Communion
Sunday 18 March	10:00 am	Holy Communion (Baptist)
Wednesday 21 March	3:15 pm	Messy Church (in the Octagon)
Sunday 25 March	8:00 am	Holy Communion
	10:00 am	Morning Worship (Palm Sunday)
Thursday 29 March	8.00 pm	Maundy Thursday Holy Communion
Friday 30 March	10:00 am	Good Friday: an Hour Before the Cross

BAR HILL CHURCH
spread the word

Social Calendar for March

Olive Tree Coffee Morning Saturday 17 March: 10:30 -11:30 am in the Meetings Room

Knit & Natter every Thursday 1:15 - 3:00 pm in the Octagon (Contact Sue 01954 780260)

Coffee Stop every Wednesday 10 am - noon in the Library (Contact Sue 01954 780260)

Art Group every Wednesday 1:30 - 4:00 pm in the Church (Contact Jan 01954 201495)

Bring Your Own Craft Group Saturday 24 March 2:15—4:30 pm in the Octagon

(Contact Karen 01954 781085)

Church Contacts

Church Office	Linda King	01954 206120	office@barhillchurch.org.uk
Minister	Rev. Charles Mather	01954 277119	charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH		
Website	http://barhillchurch.org.uk		
Facebook	https://facebook.com/barhillchurch		

FREE

2 Maxi Cosi child car seats.
One is strap fitted and the other "isofix".
Both are in good condition and have not been involved in any accidents.
Contact Paul Chubbuck on 07983 435104.

FOR SALE

Powered recliner chair good condition – £100;
Pair of lounge chairs, winged backed, shaped legged, very good condition – £40 each.
Telephone: 01954 204327

— Bar Hill Church —

Craft Activities

Pampering

Conversation

Good Food

Friendship

Holiday at Home 2018

Informal

Entertainment

Relaxed atmosphere

An annual event provided for people who might otherwise find it difficult to get away.

This year: Tuesday 3rd - Thursday 5th April

'Caribbean Encounters'

In the Octagon, Bar Hill Church

There is a small charge to cover costs

For more information, contact Sue 01954 780260

— Catholic Church —

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

The Catholic Church serving Bar Hill
Hills Road, Cambridge

Parish Priest: **Rt. Rev. Mgr Eugene Canon Harkness** Tel: 01223 350787
Local contact: **Bunty Waters** Tel: 01954 201421
Mon., Weds., Thurs., Friday 8am & 12.15pm
Tuesday 8am & 7.30pm
Saturday 6pm: First Mass of Sundays
Masses in the Parish Church in Cambridge; also 5pm at Cambourne and 6pm at The Octagon, Bar Hill.
Holydays of Obligation 8am, 10am, 7.30pm
Sacrament of Reconciliation
Tuesday 6.45pm (not after Mass)
Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm
Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Home Visits
I am happy to bring communion to house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.
Contact Jean: 07841 397338, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

WOMEN'S WORLD DAY OF PRAYER

Every year on the first Friday in March the same service is being celebrated in churches throughout the world.
Each year the service has been arranged by the women of a different country and this year it has been prepared by the women of Suriname with the theme "All God's Creation is Very Good". Although called Women's World Day of Prayer the service is intended for all.
Please join us at Bar Hill Church on **Friday March 2nd at 7.30** as we take part in this Mexican Wave of prayer and worship from dawn till dark for 24 hours in different time zones throughout the world.

— BAR HILL VILLAGE HALL —

- Conference Facilities;
- Seminars;
- Committee/Meeting Room;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Anniversary Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales.
- Kitchen Facilities.
- Excellent Parking and Catering Facilities.

During the week we have the following groups and clubs:

Mon.	Helene Taylor-Todd School of Dance *(school term time only)*	4–6pm
Mon.	Craig Burns Bootcamp	6.15–7.15pm
Mon.	Martial Arts	7.30–9pm
Tues.	Shotokan Karate	6–8pm
Wed.	Helene Taylor-Todd School of Dance	4–6.45pm
Wed.	Danielle Fitness Classes Zumba & Pilates	7–9pm
Thur.	Pilates *(school term time only)*	10–11am
Thur.	Weightwatchers	7–7.50pm
Fri.	Baby Sensory	10.30–12.30pm
Fri.	Martial Arts	7.30–9pm
Sun.	Bingo *(doors open 7pm)* Cash prizes	7.30–9pm

If you wish to book any of these facilities, or get more information, please call **01954 782414** and leave a clear message. We'll call back within 24 hours (Monday to Friday); or e-mail barhill.villagehall@btconnect.com

RSPB FEN DRAYTON LAKES – EASTER EVENTS 2018 –

Come join us at RSPB Fen Drayton Lakes this Easter! We are running the following fun-filled activities at the reserve for Easter.

Sunday 25 March – Easter willow weaving workshop from 10am-4pm

How would you like to create a masterpiece from willow? No experience required, just the enthusiasm to learn! Booking is essential. Please call on **01954 233260** or email fendraytonlakes@rspb.org.uk to reserve your place. Non-member £25, RSPB member £20.

Friday 30 March–Friday 6 April – Easter nature trail & lake dipping from 10am-4pm daily

It's the Easter holidays so why not go on our Easter nature trail and see what wildlife you discover at this time of year! Non-member £5, RSPB member £4.

Lake dipping

Explore the underwater world at Fen Drayton Lakes and discover the magnificent minibeasts that call our lakes home. Equipment hire: non-member £2, RSPB member £1.50. A must for kids and all the family! No booking required. These are drop-in-self-guided activities, but children must be accompanied by an adult.

How to contact us: RSPB Fen Drayton Lakes, Holywell Ferry Rd, Cambridge CB24 4SR. T: 01954 233260; E: fendraytonlakes@rspb.org.uk; W: rspb.org.uk/fendraytonlakes

— BAR HILL SPORTS & SOCIAL CLUB —

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.

A freshly cooked Sunday roast is available every other Sunday, please pre-book. Non-members welcome just give us a call 01954 781881. Next ones: **4th, 18th March.**

Weekend Bar staff required – experience desirable.

What's on...

17 Mar. St Paddy's Day drink promos and membership draw
26 Mar. 7.30pm – AGM
30 Mar. Good Friday – singer Nicole Lawrence and cocktails
31 Mar. membership draw
Easter Day 1st April Egg hunt from 2pm; Karaoke from 8pm
Easter opening – Good Friday, Saturday and Easter Sunday: 12-12; Bank holiday Monday: 12-11pm
We also have a trip to Lille and Brugge Christmas markets 2018 – come and get an information pack.

Not a Member?

The new membership starts on the 1st December. Please ask the bar staff for a membership form.

For further information, visit our website: www.bhssc.org.uk or join us on Facebook at Bar Hill Sports & Social Club.

— WILDLIFE TRUST —

Huntingdonshire Local Group

Islander – Wednesday 14th March at 7.30pm.

Patrick Barkham, Natural History writer, will regale us with tales from one of his latest books 'Islander'. He will seek to demonstrate what it is like to live on a tiny island in the UK, describing the many habitats and associated wildlife found in these islands, whether they are small and apparently deserted, or whether they appear to be superficially suburban with little of the obvious natural resources in which to flourish.

This will take place at Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB. Everyone is most welcome to attend. Booking is not necessary. Entrance charge £2.50 (accompanied children free). Please contact Tim on 01480 457795 for more information.

Portholme Meadow, Brampton

Our first Spring Walk is on Thursday **19th April** when we will visit Portholme Meadow, an ancient meadow lying in a large flood plain boarded on two sides by the river Ouse. The meadow is a haven for breeding birds, such as corn bunting and skylark and also supports a rich variety of flora. Dr. Patrick Doody will lead us for this evening's walk which will focus mainly on one of Portholme's specialities, the Snakeshead Fritilllary. Pat has a wealth of knowledge about the history and natural history of this meadow and this should be a very interesting evening.

Everyone is very welcome to attend, but please note that it is likely to be wet underfoot. We will meet at **7pm** at Godmanchester lock (TL 241 704). The closest parking is in Godmanchester near the Chinese Bridge. There is no charge, but donations are welcome. For more information please contact Pat on **01480 392706.**

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www.willinghammedicalpractice.nhs.uk.

Flu – the GP Surgery and hospitals are currently experiencing a high volume of patients with flu and winter vomiting. Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week. GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery. Flu is very infectious and easily spread to other people so please do not attend the surgery unless you fall into one of the following categories:

- **Call NHS 111 or see your GP if:** • you're worried about your baby's or child's symptoms • you're 65 or over • you're pregnant • you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease • you have a weakened immune system – for example, because of chemotherapy or HIV • your symptoms don't improve after 7 days.
- **You should attend A&E or call 999:** • if you develop sudden chest pain • have difficulty breathing • start coughing up blood.

Visit NHS Choices for further information about flu symptoms, how to treat flu at home, and how to limit the spread of infection: https://www.nhs.uk/conditions/flu/

Winter vomiting – norovirus, which causes diarrhoea and vomiting, is one of the most common stomach bugs in the UK. It's also called the winter vomiting bug because it's more common in winter, although you can catch it at any time of the year. Norovirus can be very unpleasant but it usually clears up by itself in a few days. You can normally look after yourself or your child at home. Try to avoid going to your GP, as norovirus can spread to others very easily. Call your GP or NHS 111 if you're concerned or need any advice. You can also visit NHS choices for further details of symptoms and how to treat your illness at home, and when you should seek medical advice. https://www.nhs.uk/conditions/norovirus/

Additional appointments available at this practice – we are making more appointments available for patients at this practice from the end of January until the end of March 2018. This is because we know that there are times you want to be able to see a GP at short notice. We also know that over winter lots of people have seasonal illnesses which require more than a pharmacy but don't need emergency treatment. The extra on-the-day appointments are bookable by ringing reception on the usual number.

Hospital waiting lists – please note that some hospital departments currently have very long waiting lists. Once your referral has been sent to the hospital, the GP has very little power to expedite your appointment. The hospital is responsible for prioritising your referral. If you are concerned your referral has been lost or forgotten, we are happy to check on the progress for you.

Carers support meetings – our next meetings are at Willingham Surgery on Wednesdays: 7th March, 4th April and 2nd May at 2pm.

Hearing Clinics – the next clinics at Willingham Surgery are on Wednesdays: 21st March, 18th April and 16th May. No appointment necessary, just pop along.

Sharon Unwin, Practice Manager

Bar Hill Community Primary School

Bar Hill CB23 8DY
Tel: 01954 273305
Fax: 01954 273306
Email: office@barhill.cambs.sch.co.uk
Website: www.barhillschool.co.uk

At last – it's finished! The new play equipment we've been working for on the playground has finally arrived. Parents and carers may recall that we started the fund raising for this after the loss of our beloved colleague, Dawn Miller who, before she passed, inspired us to reinvigorate our playground space. After lots of fundraising events and successful bids for external funds, we've completed the construction and the children are loving it. The new equipment – a climbing frame and an imaginative/den building area – has made the playground an even more fun place to play during Break and Lunch. As ever, members of the public are welcome to visit the school and see the new play areas as well as tour the rest of the school.

Along with the new playground equipment, we've nearly finished our construction for the new heating system. We expect the work to be completed over February half-term. For the rest of the year, it's quite likely that Reception will continue to use the temporary space but will also use the main Reception area once it is re-decorated and put back together as a classroom. We very much appreciate the patience from the community while we've had builders filling the roads outside the school.

As a final note, we value the work members of the community share with the children by serving as volunteers.

Similarly, we have paid roles for members of the public such as the role of mid-day supervisor/play leader during Lunch – these roles are great ways to earn a little extra money while also enjoying time with our delightful children. Any member of the community who would like to share some time with the children and volunteer as a classroom assistant to support learning or would like to work as a mid-day supervisor/play leader would be very welcome – please contact Mrs Milroy in the front office to arrange a visit and discussion about the different voluntary roles available (office@barhill.cambs.sch.uk).

Dr. Al Mistrano, Headteacher

— 8 O'CLOCK CLUB —

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.

We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal. Our meetings for early 2018 are as follows:–

1 March – Ghostly tales from Malcolm Busby;
29 March – Birthday party – members only;
5 April – School closed – no meeting;
3 May – To be confirmed;
7 June – Growing up in the 50/60's;
2 August – School closed – no meeting.

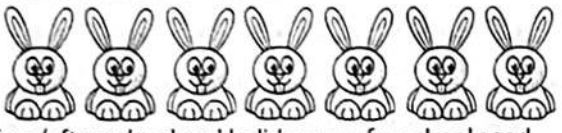
If you'd like further information please phone Barbara on 01954 204171, Adela on 01954 204265, Ann on 01954 204687, or come along to one of our meetings. We'd be very pleased to meet you.

– BAR HILL CHILDMINDERS –

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children the opportunities of day trips and range of outdoor experiences and take part in local community events and groups without being confined to one place.

We offer flexibility in the hours that we work to suit you and your child's needs with village rates, rather than having set session times.

Your child will receive focused and individual attention and care as we progress them through the EYFS curriculum. Child led play as well as structured and personally thought out activities will encourage them to grow and learn at their own pace taking in to account each child's individual needs.



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We welcome you to join us and have an informal chat at either of our friendly and inviting 'Little Bunnies' sessions on Tuesday and Thursday mornings from 9.45–11.15am in the Octagon, term time only – (£1.50 for one child under one, £2.50 for one child over one and £3 for 2 or more children). Here we offer a wide range of sensory experiences, activities, stories, singing and more...

Our Childminders are as follows:

Jacky	07718 447998
Melanie	01954 204496 – spaces
Terri	07846 018714
Kirsten	07906 218070
Kirsty	07584 168909 – spaces
Mandy	01954 204223
Carol	01954 780238 – spaces
Karen	07930 196319
Janine	07879 613731

At our Tuesday Sensory sessions we'll be exploring activities related to Spring with 'Growing':

6 Mar. Music and movement;
13 Mar. Mothering Sunday activities;
20 Mar. Planting and playing with compost and bulbs;
27 Mar. Easter activities.

Please note our Little Bunnies session will be closed for the day on **Thursday 29 March.**

...did you know... A group of frogs is called an army?

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LONGSTANTON BOWLS CLUB

March 2018

Spring is here at last with the longer evenings and as usual at this time of year Longstanton Bowls Club is recruiting new members. Do you fancy some gentle exercise on a summer's evening? It doesn't matter if you haven't played Lawn Bowls before as we have plenty of members always willing to provide help and guidance. Everyone is welcome and our membership ranges from juniors to retirees and novices to experienced players.

We have many members from surrounding villages, including Swavesey, Over, Willingham, Oakington, Bar Hill and Cottenham. Don't worry about equipment, as the club can assist with this – just wear flat shoes. We pride ourselves in being a friendly club where the enjoyment comes from taking part. Our bowls green is located on the recreation ground, between the Longstanton Pavilion and the tennis courts, Over Road, Longstanton.

Monday evenings are club roll-up nights, reserved for informal practice in a mildly competitive environment, ideal for beginners. We also have a fun league on Thursday afternoons where you even get points just for turning up!

The club plays in a number of inter-club leagues, some of which are more competitive than others. Away matches give members an opportunity to experience other club's greens and facilities in the Cambridge area. Most of our league matches are on the light summer evenings, starting at 6:30pm. There is also an afternoon league with matches starting at 2pm with a break for tea and biscuits halfway through, so it is all very sociable!

There is plenty of bowls to suit everyone so why not come along and give it a try? The outdoor season runs from late April to September. If you're tempted, please come along to our open day on **Saturday 14th April 2018** (from 2pm) or alternatively, on any Monday evening (from 6pm) to meet some of the members and possibly try your hand. If you just want to watch, then that's fine too.

For more information visit contact Marion Edwards on T: 01954 780118 or E: marionedwards1@btinternet.com. Also visit our web site www.longstanton-bowls-club.co.uk.

THE CARERS TRUST

This is an organisation which arranges a range of services and support for those who are so busy caring for a loved one that they do not have time to care for themselves. They have day service, arrange holidays or just a pamper session but most importantly they give the carer confidence to leave their loved one and take time out.

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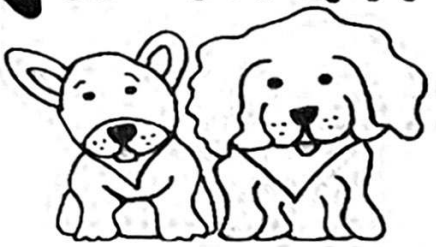

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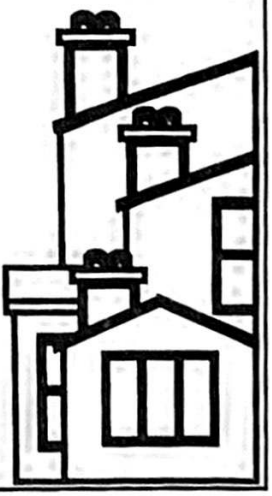

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— COUNCILLOR NOTES —

Energy saving fund

Approval for energy saving fund. It's been confirmed that a £200,000 loan fund will be set up to help South Cambridgeshire's residents, community groups and businesses become more energy efficient.

Missed bin collection

Did you know you can report a missed bin collection on line, just give the information and fill in the form on: https://scambs.egovhub.net/Org/Production/Apps/REPORTAMISSEDBIN/Launch.aspx

Funding to help local athletes reach new heights

Almost 30 athletes from South Cambridgeshire, including competitors in skeleton bobsleigh, cycling and clay pigeon shooting, are sharing around £16,000 in Council funding to help them reach their potential.

The sportsmen and women were successful in applying for funds from South Cambridgeshire District Council's Elite Athlete Award Scheme grants. The programme is designed to assist able-bodied and disabled athletes from South Cambridgeshire, who are aiming to represent Team GB at world-class events like the Olympics and Paralympics.

The idea is for funding awarded to be used to make crucial contributions to aspects of training such as equipment and travel. All applicants were asked to demonstrate how they will use the money to help them reach their sporting goals. Grants have been awarded to sports-people who compete in a wide range of events, including athletics, clay pigeon shooting, cycling, diving, equestrian dressage, golf, gymnastics, hockey, rowing, sailing, skeleton bobsleigh, swimming, tennis, trampoline, triathlon, goalball, powerlifting and squash.

This funding makes a valuable contribution by helping local sportsmen and women pay for crucial factors that can't be overlooked, like equipment and travel. Last year, Camille Holland, our Dry Drayton-based Team GB powerlifter benefited from this funding. 29-year-old Bar Hill-based cyclist, Hayley Simmonds, was awarded £1,000. Daniel Mawby, a 20-year-old from Swavesey who competes in clay pigeon shooting, was awarded £1,000.

If you should need further information or advice or we can help in any way, please contact us on:

Bunty Waters: T: 01954 201421; 07734 690580; E: bunty.waters@ntlworld.com;

Roger Hall: T: 01954 780304; E: roger.hall90@ntlworld.com.

— HEIDI ALLEN MP —

Last month saw the Ministry of Justice launch a consultation on the closure of Cambridge Magistrates' Court. I have written to the Ministry of Justice to raise some questions. A copy of the letter is available on my website – www.heidisouthcambs.co.uk and I will also post the response there. The consultation is open until the 29th March. Please do have your say – www.gov.uk/government/consultations/cambridge-magistrates-court-proposal-on-its-future.

As the A14 upgrade continues apace, I coordinated a meeting with Highways England and a number of landowners who are affected by the project. I appreciate the work has been causing some difficulties for residents in some of the neighbouring villages (including a rat running through my own village of Elsworth!) As such, I will hold future meetings with Highways England to monitor progress and issues – please do keep an eye on my website where I post a weekly update on the work being undertaken in our area.

Although my newsletter focusses on local issues, I continue to be busy on national issues in Parliament too. This month has seen me raise a range of matters from questioning the bosses of Carillion about the collapse of the company to speaking in the House about the Government's welcome changes to Personal Independent Payment awards for people with mental health conditions.

I also asked the Prime Minister about pay for "live in" care sector staff, who often look after vulnerable disabled adults. The Prime Minister has agreed to meet me to discuss these concerns and I am hopeful that we can find a way forward.

The above is a brief snap-shot of my work at Westminster but my website is regularly updated with more information and topics. If you have concerns or views about a local or national issue, please do call in to one of my surgeries. My next surgery will be on **3rd March 10am–12pm** at Caldecote Primary School, Highfields Road, Caldecote, CB23 7NX. All are welcome, so I run a "no appointment necessary" system.

To contact me, please email heidi.allen.mp@parliament.uk. You can also phone my Westminster office on 020 7219 5091 about national issues or my constituency office on 01223 830037 for local concerns.

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Contact: jairo@tesco.net; kate.starling@hotmail.co.uk

— GIRLGUIDING IN BAR HILL —

Run by an incredible team of adult volunteers, our groups support over 120 girls locally. All our meetings are packed with age appropriate activities for girls to participate in and try out, including badge challenges, crafts, games, outings, sleepovers, pack holidays, international trips and community work!

If you would like to join the fun, please e-mail: barhillguiding@icloud.com or you can register online: https://enquiryym.girlguiding.org.uk.

Sarah Rivers, Commissioner

Bar Hill Pre-School

— VILLAGE HALL —

01954 782892

Bar Hill Preschool is open 9am–3pm Monday to Friday, term time for children aged 2–5 years. We offer sessions through the Early years funding scheme, funded two's and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

Our keyperson and buddy system ensures every child is well supported by qualified practitioners who have a wealth of experience. We work in partnership with parents and our online learning journal supports this by providing families with regular information on the child's development and next steps identified, parents can upload evidence from home too and add their own comments.

Our inside area provides views across the village green in a inviting and welcoming atmosphere. Children can access toys and equipment independently. Skills are developed through activities and routines eg children help to prepare snack with safety knives and learn about how to stay healthy. Lunch clubs are a social time and adults sit at tables with children while they eat own packed lunch, encouraging friendships and social skills.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to exploring the mud kitchen, large sand pit and our sensory garden.

We welcome visitors from the local community that support our curriculum further.

Interested? You can find out more information on our website www.barhillpreschool.co.uk or call us on 01954 782892 to book an informal visit or for an application form.

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— COUNTY COUNCILLOR'S REPORT —

Cambridgeshire County Councillor's Report

At the February meeting of Council, members voted to approve the 2018/19 budget. Frequent interruptions, many not meeting the criteria, for 'point of order' and 'point of personal information' might certainly be blamed for members' distraction at times and one has to feel for the leader of one of the opposition parties who voted in error to support the budget after speaking against.

In the main there was agreement on the decision to raise the general council tax precept by 2.99% and the adult social care precept by 2%. The main disagreement was over the proposal that the funds raised from increasing general council tax in excess of those required to balance the 2018/19 budget [£3.65m] should be allocated to a smoothing reserve. The creation of such a reserve is an acknowledgement that, although a robust, balanced budget has been set for the coming financial year, significant challenge remains in respect of closing the budget deficits in the longer term.

Provisional council tax precept rates for each of the next five financial years were set at 2.99% for the coming year; 1.99% for next year returning to zero for the 3 years 2020/23. Additionally, the assumption was made that there will be a continuation for those last 3 years of the 2% allowed by Government for adult social care and that the County Council will levy that amount.

The County Council is the third lowest funded, upper tier authority in England and faces the challenge of responding to the need created by a very rapid growth in the county's population. Its programme to increase efficiency, generate additional income and manage demand for its services will continue supported by additional transformation investment, where required.

In his written statement to Parliament confirming the final local government finance settlement for 2018/19 [delivered after the County Council's meeting] the Secretary of State [SoS] for Housing, Communities and Local Government confirmed that there would be an extension for a further 3 years of the capital receipts flexibility programme. This scheme gives local authorities the freedom to use capital receipts from the sale of their own assets for transformation and efficiency savings. It is this freedom that has allowed the County Council to set up its new Innovate and Cultivate Fund that I wrote about last month and I encourage the many local organisations and groups doing such good work for the community to consider making an application.

The SoS also announced an additional £150m for an Adult Social Care Support Grant in 2018/19 stating that it would be allocated 'according to relative needs' - details awaited. He confirmed too that there will be a green paper this summer setting out Government proposals for funding reform to secure a resilient and sustainable system for the future. Those of us fighting for fairer funding for Cambridgeshire hope that this will address historic inequality.

Please do contact me about any concerns or questions you have. If you would like to receive a copy of the full report that I write for the division's parish councils each month, please email me and I will add you to its circulation. Meanwhile my best wishes to you all for the forthcoming festive season.

Lynda

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FLIGHT TICKET FRAUD

Who doesn't love a bargain when booking a holiday? However, there have been an increasing number of reports about fraudsters attempting to entice victims to buy non-existent cheap flights. Particular targets (but not only) have been individuals wanting flights to Africa and the Middle East, especially for popular public and religious holidays.

After booking tickets via websites or a "popular" ticket broker, and paying by bank transfer, victims discover the tickets/booking references received are counterfeit. Any further contact with the company or broker proves impossible.

Prevention Advice:

√ Pay safe: Wherever possible, pay by debit or credit card.

X Be cautious if asked to pay by bank transfer – the money is very difficult to trace and is not refundable.

√ Research any company you consider eg, are there any negative reviews or forum posts by previous customers online?

X Don't rely on one review - do a thorough online search to check the company's credentials.

√ Check the company website carefully; does it look professional? Are there any spelling mistakes or irregularities? There should be a valid landline phone number and a full postal address so that the company can always be contacted.

X Avoid using the site if there is only a PO Box address and mobile phone number, as these can easily be changed.

√ Check the company is a member of ABTA or ATOL or some other registered trade body..

X Purchasing tickets from a third party, particularly when initial contact has been made via social media, can be incredibly risky.

And finally, whatever you are buying, if it looks too good to be true it almost certainly is!

If you have been affected by this, or any other type of fraud, report it to Action Fraud by calling 0300 123 2040, or visiting www.actionfraud.police.uk.

– NEIGHBOURHOOD WATCH –

Once again the police are encouraging us to take basic steps to reduce the risk of being a victim of burglary. Our lapses or negligence can be too tempting to burglars, especially opportunists.

Secure entry points: windows or doors left unlocked or ajar give easy access to burglars.

Empty house: always make your home appear occupied by using lights, radios or a fake tv, if necessary on timers.

Outside lights: any lights, but especially motion activated, are unpopular with burglars.

Secure sideway: most break-ins are via the rear of a property where burglars are out of sight. Make access hard for them.

Lock your shed: don't provide the tools to break-in to your house.

Going away: ask neighbours to keep an eye on your property, park on your drive, push post through the letter box and put wheelie bins out and back.

If you want to be even more secure:

CCTV camera: the top deterrent for burglars. Seek advice about the best system for you.

Alarms: another effective device. Again take good advice before buying and then ensure it is set every time you leave the house.

But Remember:

Strong communities: we are all safer when we work together. Make friends with neighbours, look out for the elderly & vulnerable.

And above all:

Keep alert and report suspicions: offenders will often visit an area in advance to scope out possible targets. If you believe someone could be behaving in this way, contact the police immediately, noting vehicle details, descriptions of people etc. It's better the police have the chance to investigate something that turns out to be ok than leave a criminal to return and cause misery at a later date.

Pam Vendy, Village Co-ordinator

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healthwatch Cambridgeshire

THE FUTURE OF OLDER PEOPLE'S SOCIAL CARE

Help Healthwatch get older people's experiences of social care listened to by the government.

The government has announced that they will publish a green paper on care and support for older people by summer 2018. This will provide a basis for a discussion and ideas for future services.

Sandie Smith, our CEO, has joined a task group with Healthwatch England to make sure that older people's and carers' experiences are considered as part of this thinking. It is vital their experiences are at the centre of any conversation.

Social care is practical support for people who need help with everyday activities to live their lives as fully and as independently as possible. At its most basic, social care can include help with washing, dressing, getting out of bed on a morning, help with medicines and housework.

Care and support services are not free. Most people have to pay something towards their own care and some will have to pay for all of the costs.

At Healthwatch, we think it's important that people's experiences of social care and ideas for the future are fed into any policy development. We want to encourage as many people as possible to share their experiences of older people's social care with us.

This is only the start of the conversation, as the green paper will be subject to a full public consultation after it is published in summer 2018.

We're calling for your experiences – go to: www.healthwatchcambridgeshire.co.uk/content/have-your-say to tell us about your experiences, or call us on 0330 355 1285.

— FRIENDS OF THE ROSIE —

We wish all Mothers a wonderful Mothering Sunday and we hope that a few will become customers.

The Friends of the Rosie Hospital are raising money to help make the Rosie a more comfortable environment for mothers and babies. For up-to-the minute information follow Rosie in Stitches Facebook page."

Rosie in Stitches would like to thank all our customers in 2017 for helping us to raise £1,309.

Upcoming Stall dates this autumn

Tea Bar, Rosie Hospital Outpatient Clinic

Monday to Friday 9am to 4pm

Bar Hill Community Market

Saturday 3rd March from 10.30am to 2pm – selling Easter gifts for all ages

Annual General Meeting

Monday 5th March 2018 at 12.30pm – the Green Room, Rosie Hospital

New members are always welcome, whether to contribute financially, to join our team of knitters, to organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

Thank you for your continued support.

— BAR HILL CRICKET CLUB —

We have a new captain, we have the start of a fixture list and the days are slowly getting longer – it won't be long before we're back on the village green for the 2018 season!

Tom Page is the first team captain, elected at our annual meeting, while the rest of the committee were all re-elected, including Ash Curry as our chairman.

Our first league match is scheduled for Saturday 5th May, when Bassingbourn will be the visitors.

We also know that our Under-13s team will be in action against Cambridge NCI, Cambourne, Buntingford and Thriplow as they take their first steps into competitive cricket – watch this space and our website for details of youth training as well as the matches.

The Cambridge Business Houses League midweek fixtures will soon be out, completing our list for the season.

We are always looking for new players of all ages – regardless of experience, so if you fancy joining us, give me a call on the number below.

For more information about the club, visit www.barhillcricket.org.uk.

Paul Stimpson 01954 201212

BAR HILL TAE KWON-DO CLUB

Tae Kwon-Do, the Korean art of self-defence, is suitable for the whole family. Lessons are held at **Bar Hill School** on **Mondays**. **Junior class** *(beginners' class from 4 years old)* is from 5–6pm; **Junior** and **Adult class** 6–7.30pm.

Sparring Classes are held on **Sundays** from 10–11.30am. **Free taster sessions**. Family discount.

Text, call or e-mail: Mister Jason Newton: 07745 436806; jason.newton@btinternet.com; or Sam Dethridge: 07767 697236; barhilltkdjuniorclass@gmail.com.

Part of the Tae Kwon-Do Association of Great Britain (TAGB).

— FEBRUARY BULLETIN —
CAMBRIDGESHIRE FIRE AND RESCUE SERVICE
SAFE AND WELL VISITS – HELPING YOU TO STAY INDEPENDENT IN YOUR OWN HOME

Cambridgeshire Fire and Rescue Service is committed to supporting the safety and wellbeing of residents in all of the communities that we serve. The Safe and Well visit will provide us with sufficient information to support you and, with your permission, refer you to selected partner agencies, who will be able to support you further. We will not share your data with marketing companies or for other purposes.

Our visit will last no longer than 60 minutes and is completely **FREE** of charge. Our visit will assess six key elements:

- **Fire safety in the home** – including cooking, general safety and escape plans.
- **Falls prevention** – including simple remedial action such as replacing lightbulbs or taping down loose carpet.
- **Alcohol use** – alcohol related hospital admissions are steadily increasing. We can provide you with helpful information.
- **Stay well and warm** – can you afford to heat your home? Do you have access to a hot meal? Do you access all the services available to you?
- **Crime reduction** – we can provide advice on making your home more secure in addition to advice to make you less vulnerable to scams or fraud.
- **Smoking** – need a helping hand to quit? Our partners can offer you the help and advice you need to stop smoking.

You are under no obligation to answer any questions that you do not want to, but the more information you provide us with, the better we will be able to support you. We can also provide advice in relation to promoting the health and safety of individuals with hoarding concerns, as well as providing valuable information to care providers.

To find out if you are eligible for a visit, call 01480 444500 or email firefire@cambsfire.gov.uk.

— OVER SURGERY NEWS —

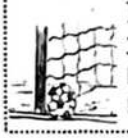
www.oversurgery.nhs.uk

Welcome – we are delighted to announce that Dr Mary Cusack will be joining us as a regular GP from the end of February, she will be working Wednesdays and Thursdays each week.

Winter – Extended access appointments – to assist with the higher demand during the winter months of February and March the surgery is able to offer some additional appointments each week with the doctors and nurses.

Pharmacist Support – Self Care – we would like to remind you that our Pharmacist, Eva Burditt, is available to offer advice and prescribe for minor illnesses including coughs, colds, sore throats, chest infections, check ear infections, rashes etc. You can request a private consultation where Eva can answer questions or discuss any concerns regarding your medication. Eva also carries out annual medication reviews.

BAR HILL FOOTBALL PROJECT



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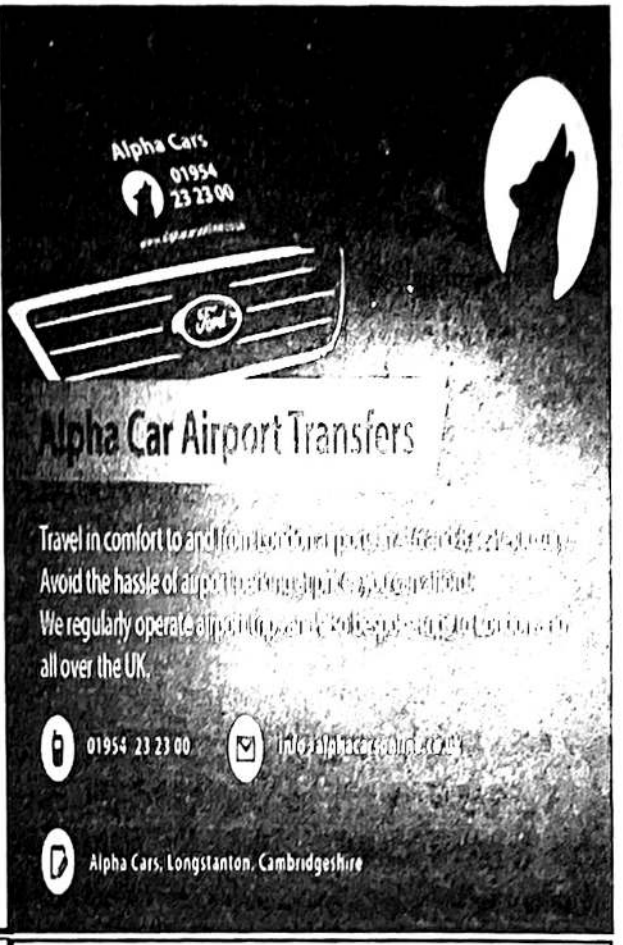

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Wednesdays - Bar Hill Village Hall, The Spinney, Bar Hill, CB23 8TP, 7:15PM – 8:15PM

Thursdays – Oakington Pavilion, Queens Way, Oakington CB24 3AW, 6:15PM – 7:15PM

£6 or £5 when booked online in advance
Reusable glow sticks (£5 a pair) and whistles (£1) will also be for sale on the door

To book your place visit: www.bookwhen.com/clubbercisewithmarilyn

If you have any questions please contact Marilyn on 07989137321 or marilynsqu@icloud.com

Facebook: Clubbercise with Marilyn

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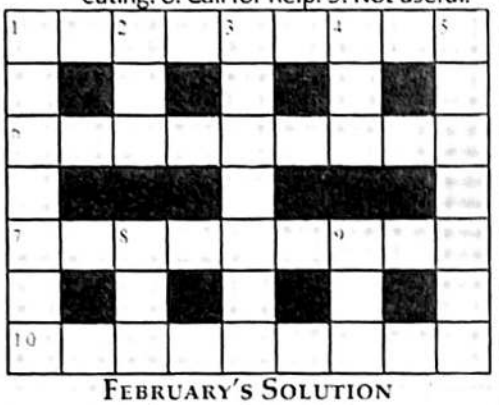
Gas Safe Register

— MARCH CROSSWORD —

Across: 1. Talked freely. 6. History of an organism. 7. - - - - - - - - - Company, old trading organisation. 10. 1st April 2018.

Down: 1. Type of educational establishment. 2. - - - Garnett. 3. Nice to touch. 4. Mythical giant bird. 5. To do with eating. 8. Call for help. 9. Not useful.



February's Solution

Across: 1. Undercoat. 6. Race horse. 7. Greenland. 10. Theresa May.

Down: 1. Upright. 2. Doc. 3. Rehangs. 4. Our. 5. Tuesday. 8. Err. 9. Aim.

— BIN COLLECTION —

1st March	green and blue
8th March	black
15th March	green and blue
22nd March	black
29th March	green and blue
Sat. 7th April	black
Fri. 13th April	green and blue
19th April	black
26th April	green and blue

— THE ALLOTMENT SOCIETY —

Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348.

All other allotment matters should be addressed to: barhillallotment@gmail.com.

— USEFUL TELEPHONE NUMBERS —

Out of Hours Medical Emergencies		111
Police Non-Emergency		101
Allotment Society	*Rob Lawrence*	07788 590348
Bar Hill Church	*Minister: Charles Mather*	01954 277119
	Church office	01954 206120
Bar Hill School		01954 273305
Bar Hill Community Car Scheme		07496 465330
Bar Hill Cricket Club	*Paul Stimpson*	01954 201212
Bar Hill Sports & Social Club		01954 781881
Cambridge Fire & Rescue Service Helpline		0800 917 9994
Coffee Stop, Knit & Natter, Holiday@Home	*Sue Kenchington*	01954 780260
Community Market	*Karen Austen*	01954 781085
Conservative Party	*Iris Lay*	01954 205265
County Councillor	*Lynda Harford*	01954 251775
		07889 131022
Councillor, Parish Council, Residents' Association, Bar Hill News Advertising	*Bunty Waters*	01954 201421 07734 690580
Councillor, Parish Council, Residents' Association	*Roger Hall*	01954 780304
Happy Hours	*Anne Plumb*	01954 780364
Health Walks	*Josephine Powell*	07901 558108
	Patricia Daniels	07917 874402
Heidi Allen MP	*Office*	01223 830037
	Office address: 82A High Street, Sawston CB22 3HJ	
Liberal Democrat Party	*Andy Pellew*	07814 871752
Library – renewals & enquiries		0345 0455225
GP Surgeries	*Maple*	01954 780442
	Over	01954 231550
	Over Pharmacy	01954 233457
	Swavesey	01954 230202
	Longstanton	01954 207600
	Willingham	01954 260230
	Willingham & Longstanton Dispensary	01954 207600
Neighbourhood Watch	*Pam Vendy*	01954 201001
Over Day Centre	*Hayley Smith, Manager*	01954 231807
Parish Council Office	*Sue Bell, Parish Clerk*	01954 780456
Post Office		01954 789285
Pre-School		01954 782892
Royal British Legion, Health & Wellbeing at Tesco	*Wendy Arrowsmith*	01954 781381
Samaritans		01223 364455
Swavesey Village College		01954 230366

— MARCH PUZZLE —

Form nine, nine letter words to form an OCCUPATION, in groups of three letters.

A	R	C	I	A	N	L	O	G
B	I	O	I	S	T	M	A	N
C	A	R	I	S	T	P	H	Y
E	C	T	I	S	T	P	E	R
E	T	A	I	S	T	R	A	R
F	I	S	K	E	E	R	A	R
G	E	O	K	E	R	R	E	G
H	E	R	L	I	B	S	I	C
H	I	T	L	O	G	Z	O	O

			H	I	T			
		O				I		
		R				K		
						M		
				O	G			
						I		
		Y				I		
		G				R		
			K	E	E			

Solution for February: Appealing, Attentive, Beguiling, Cherished, Desirable, Ingenuous, Rapturous, Startling, Valentine.

SEWING SERVICE

If you have a sewing job you don't fancy doing, call Lyn on 01954 201113.

RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings.

They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meeting: 6th March.

— EVENTS CALENDAR —

date	*event*	*where*	*time*
1 March	NWR – Deserts of the World *(page 3)*		8pm
1 March	8 O'clock Club *(page 4)*	School	8pm
2 March	Women's World Prayer Day *(page 7)*	Church	7.30pm
3 March	Community Market *(page 3)*	Octagon	10.30am–2pm
5 March	Happy Hours – Lyrics to your Life *(page 3)*	Octagon	11am–3pm
12 March	Happy Hours – famous mothers/daughters/sons *(page 3)*	Octagon	11am–3pm
13 March	Health and Wellbeing Club *(page 3)*	Tesco Community room	2–4pm
14 March	Wildlife Trust talk *(page 8)*	PE28 4TB	7.30pm
15 March	NWR – Childbirth and Midwives *(page 3)*		8pm
17 March	St Patirkc's Day drinks promo *(page 8)*	BHSSC	
19 March	Happy Hours – all things Irish *(page 3)*	Octagon	11am–3pm
24 March	Boxes 2 Beat Cancer *(page 4)*	46 Viking Way, B.H.	12.30–3.30pm
25 March	RSPB – willow work-shop *(page 8)*	Fen Drayton Lakes	10am–4pm
26 March	Happy Hours – Easter Parade *(page 3)*	Octagon	11am–3pm
26 March	BHSSC A.G.M. *(page 8)*	BHSSC	7.30pm
27 March	Bar Hill Book Club *(page 3)*	Village Hall	7.30pm
29 March	NWR – Photography and Cameras *(page 3)*		8pm
30 March	Singer Nicole Lawrence and cocktails *(page 8)*	BHSSC	
1 April	Egg Hunt *(page 8)*	BHSSC	2pm
1 April	Karaoke *(page 8)*	BHSSC	8pm
2 April	NO Happy Hours *(page 3)*		
7 April	Community Market *(page 3)*	Octagon	10.30am–2pm

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BUS SERVICE 1A BETWEEN BAR HILL AND ST IVES

Dews Coaches run a weekday bus service, number 1A, between Bar Hill and St Ives. There are stops in Fenstanton.
This service is subsidised by Cambridgeshire County Council until summer 2018, and to keep it running we need to support it. Older persons' bus passes are accepted.
The timetable is as follows:

- Departures from bus stop near Tesco at 07.52, 09.43, 10.43, 11.43, 12.43, 13.43, 15.43 and 17.03.
- Return from St Ives bus station at 09.18, 10.18, 11.18, 12.18, 13.18, 15.18 and 16.18.

APPLETREES PLUMBING & HEATING

94 Appletrees, Bar Hill CB23 8SW.
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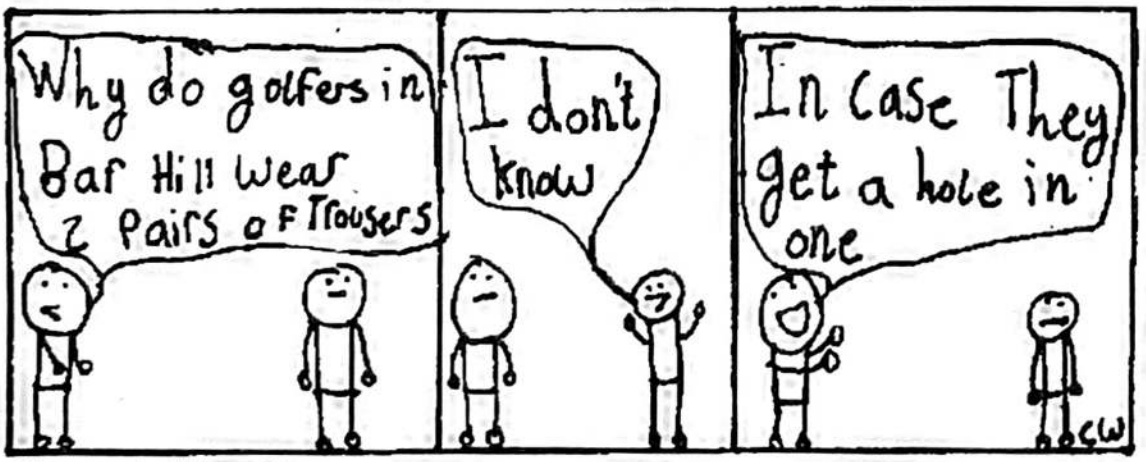

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